

The Ketogenic Diet. Knowledge and Uses by Medical Students

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Introduction

The ketogenic diet refers to a kind of diet in which proteins and fats are predominant, with significant carbohydrate restriction. In this kind of diet, the ingestion of carbohydrates should not exceed a maximum of 50 grams per day, contributing to a significant improvement in the frequency of seizures, especially in the childhood phase.

The aim of this research was to investigate the knowledge and uses that students have about the ketogenic diet.

Material and Methods

An informed consent was carried out to all participating students.

A self-administered, voluntary and anonymous survey was used, previously validated with the Cronbach's alpha test.

It was applied to 55 students of 2nd, 3rd and 4th year of medicine career. The medical career lasts for six years

The survey consisted of seven propositions. A descriptive analysis was carried out, determining percentages and frequencies.

Results

In a total of 55 students interviewed, 85.45% (47) know what a ketogenic diet is and 14.55% (8) do not know. Most of the interviewees believed that this diet were safe, accounting for 74.55% (41) and 25.45% (14) did not believe.

Approximately 61.82% (34) students answered that the prevalent element in the diet were lipids, followed by proteins 27.27% (15) and carbohydrates 10.91% (6).

We can observe that most of the interviewees think they can follow the diet for 3 months 63.64% (35), followed by 6 months 25.45% (14) and for an indefinite time 10.9% (6). It was detected that 92.73% (51) answered that the ketogenic diet during pregnancy time is not safe, while 7.27% (4) affirmed that it is safe. In addition, 87.27% (48) of the students responded that the ketogenic diet has aesthetic and therapeutic purposes, against 12.73% (7) who believes that the diet goal is only aesthetic. The majority of the students answered that ketogenic diet could be used for weight loss and seizures 52.73% (29), followed by only weight loss 41.82% (23) and only seizures 5.45% (3).

Conclusion

It was concluded that aesthetic nutrition is a new field in the health scope, often misrepresented by diets with no medical or biochemistry background, however with the appropriate nutritional care and with an orientation from health professionals; we can acquire remarkable benefits, both aesthetics and therapeutics, in a well-planned ketogenic diet.

The number in parenthesis is the amount of students.

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